



The Journal

ST. STEPHENS HARRIERS ATHLETIC CLUB Inc.

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A COURSE FIT FOR SHIRLEY YOUNG

Louis L'Armour, the celebrated writer of Wild West novels, was proud of his adaptability. "I could sit in the middle of Sunset Boulevard, my typewriter on my lap," he once declared. "Temperamental I am not."

Now, I don't share Louis's confidence to write with LA's traffic roaring at me, and I freely admit to being a temperamental writer at times (usually when I don't want to do it.) I do find exotic locations stimulating, though, and it's exciting to be starting this piece in Barcelona - the last Latin city before Rio to host the Summer Olympics. It has also suggested to me a wholly imaginary yet intriguing connection between two of the most transfixing Olympic races you'd ever see and one of our Club's truly venerated members, now departed.

Two months ago, I joined with SSH clubmates and members of the wider athletics fraternity at the funeral of Shirley Young, to pay my respects to Ron, their children and their families. The small chapel was soon overflowing as we jostled for sufficient standing room to enable us to engage with the proceedings. As did Norm Osborne's service two weeks earlier, Shirley's farewell demonstrated clearly the breadth of the impact she'd had on the lives of so many people. It wasn't her running career that took centre stage this time. Here was told, through the emotional and moving tributes of her children, the story of an



Shirley Young in her heyday.

everyday woman who worked hard to make a home for her husband, raised three children with him and doted on their grandchildren.

As with many wives and mothers, Shirley's sporting pathway began with encouragement of her husband's and children's activities. Unlike most, as we know, she forged her own pathway to the elite of her chosen sport, and at an age when

most mothers have long ago abandoned any goals of high achievement they once had. Shirley's record as a record breaking marathoner and ultra-marathoner in the Masters categories - along with her membership of the exclusive Melbourne Marathon Spartans - is well known to the athletics world. So, indeed, is what running meant to her. On first being diagnosed with the Alzheimer's disease that would change both her life and those of her loved ones irrevocably, her first question was "Will I have to give up my running?" The doctor's response was, firmly, that he didn't want her to - and Ron, their children and friends saw to it that she didn't have to until there was obviously no alternative.

Shirley loved running and ran at all distances. But it was those long races at which she excelled, and here is seen the link with Barcelona, venue of two Olympic marathons in 1992 that rank amongst the toughest ever staged and which (if we discount Mexico City) possibly had no equal. Flat for 37km in broiling summer heat, the course then climbed snake-like for five tortuous final kilometres, draining most runners of their competitive reserves, before ending inside the Stadium atop the iconic Montjuic ('Mountain of the Jews'). Both the women's and men's races produced gripping duels for the gold, two riveting battles of attrition in which it took until after 40km for the winner finally to break their rival. None of the medallists in either race came to the start highly publicised, and many with fine racing credentials foundered behind them in the hot, humid Barcelona streets or had their bodies and spirits ground to dust on that pitiless Montjuic climb.

Having watched my VHS copies of those races often over the years, I'd always planned to visit Barcelona eventually, to see those course landmarks (Columbus's column, Las Ramblas, Plaza d'Espanya, Montjuic etc) and, of course, the stadium itself. The Montjuic Olympic park is today a vibrant sporting complex, complete with Olympic museum. It is, however, the stadium itself that taps into Spain's wider, more tragic history. Built in 1927 for the World Exposition and for Barcelona's first (failed) Olympic bid, the stadium is named after Lluís Companys, then president of Catalonia and supporter of the Republican government during the Spanish Civil War. Companys was also head of the organising committee for Barcelona's 1936 Games bid. There is a cruel irony in the fact that Barcelona lost the Games to Berlin, capital of the very country that allied itself to the fascist

General Franco to help crush the democratic government of Spain. Companys was eventually taken prisoner and executed by Franco in 1940 - at Montjuic!



Lluís Companys, former President of Catalonia

Walking around the perimeter of a stadium which now seemed shrine-like, I found myself drawn to one spot in particular - the entrance to the tunnel at the end of the marathon course. Standing there and looking back along the ascending path those runners had had to climb, I remembered the telecast of the women's race in which the tunnel mouth had glowed brightly as a sanctuary in the gathering gloom as first Yegorova of Russia, then Japan's Arimori approached it. A week later it had been the turn of Hwang Yung Jo (Korea) to enter that blessed tunnel mouth first, again just ahead of a Japanese rival. Nothing on this tranquil afternoon, with nobody but me and a few singing birds about, gave any hint of the dramas played out here twenty-four years earlier.



Hwang Yung Jo, men's winner in Barcelona.

Shirley Young, a multi-world record holder over the ultra distances, did not recognise limits, and it's tantalising to wonder what she would have made of the Barcelona course and its brutal final climb in those conditions. As a finisher in the first thirty Melbourne marathons, including the earlier editions which ran from Frankston into the westerly wind all the way to Melbourne, Shirley knew how to handle environmental adversity, and it's hard to see her approaching Montjuic with any attitude other than "Bring it on!"

There is, of course, another link between Shirley and Ron Young and the Barcelona Olympics, albeit an unhappy one. Daughter Lorraine Jachno had twice recorded 'A' qualifiers in the 10km walk for those Games yet, astoundingly, was not selected.



It took Yegerova (Russia) until 41km to crack her Japanese rival, Arimori, in Barcelona.

Her husband, Andrew, did represent Australia in the 20km walk on a preparation stricken by injury. The Olympic walkers had to contend with a shorter but tougher climb to the stadium after a gruelling loop course. Andrew finished that race with his tank totally empty, as Lorraine would certainly have done (she'd done so every time she raced in green and gold.) Few marathon/walk courses have wrung an athlete dry as Barcelona's did. Yet those who knew Shirley can surely envisage her grinding up Montjuic, that long hill to the tunnel mouth jeering at her that she'd never do it and Shirley giving her now-famous reply: 'Drop dead!'

(Footage of both women's and men's Barcelona Olympic marathons are available for viewing on YouTube.)



How would Shirley Young have fared on that course, in that heat?



The end of the climb. All is quiet now at the Montjuic stadium tunnel entrance which, in 1992, glowed like a beacon for dozens of Olympic marathoners.

**** IMPORTANT! ****

CHANGES TO REGISTRATION/ MEMBERSHIP FEE STRUCTURE

AV has introduced a new registration and membership fee structure, based on a packaging principle. Most members would have been notified of this by e-mail. If this is not so in your case, please read carefully Pat Robinson's page, headed **REGISTRATIONS FOR 2016-17 (1st April 2016 – 31st March 2017)**, below.

REGISTRATIONS FOR 2016-17 (1st April 2016 – 31st March 2017)

AV are offering new Membership packages which will be available online from **1st April 2016** with changes to the membership payment process. To start the process, members must first pay the AV Base Membership Fee and the SSH Club Fee.

A number of our members have taken out the Max Pack which includes XCR and T&F. New members and those with XCR or Relay Packages only will need to take out the T & F Package to be eligible to compete in Shield competition.

Fees are as follows:

AV Base M/ship fee	SSH M/ship fee	T&F Pack
Open \$100	\$70	\$125
Junior 80	50	100
Dual 55	50	75
Coach 0	0	
Official 0	0	
Social 40	50	
Rec Runner 40	50	

The Track and Field package gives access to twelve rounds and a Final of AV Shield competition.

Entry to Championship events will be the same as last year.

Once the AV Base fee and Club fee have been paid, Packages can be added at any time.

Categories for Registration are –

- Open 20 years and older
- Junior 13-19 years (as at 31 December 2016)
- Dual 11-14 (must have current LAVic Registration)
- Social (Non competing member)
- Recreational Runner
- Official 16 years and older
- Coach 16 years and older (must be a financial member of Athletics Australia).

SSH Club Development Fund

This important financial resource assists athletes directly where necessary (trips, equipment, specialised coaching etc), and we need to keep building on it. Your donation (\$10-\$20+, or whatever you can afford) will be gratefully received, by cheque or direct debit transfer.

If you have any questions please do not hesitate to contact me on 98061659.

*Pat Robinson
Registrar*

THE PRESIDENT SPEAKS



As I write this report I cannot help but reflect on some of the history of the club as well as the outlook for the future.

Over recent months three club stalwarts (Norm Osborne, Gordon Noble and Shirley Young) passed away, and with their passing they took an extraordinary amount of history and passion, the likes of which we may never see again at the club. They all came to athletics in a different world when we had no TV, no supermarkets and everyone caught a train, tram or bus to get to an athletics meeting. The thought of watching a meeting such as the Olympic Games live from half way around the world was as foreign to them as driverless cars are to us now. Possible, but a reality in our lifetime?

It was their passion and vision for the future upon which this club was built. As these three champions of the club depart, we, the next generation, must rally the same sort of passion and desire to promote a future for the club that will see SSH be a club of destination for elite athletes so we can count our cohorts amongst the best in the land.

At the funeral service for Norm Osborne we heard Rick Mitchell (Olympian 1976 Montreal, 1980 Moscow) speak of his decision to cross from Waverley to SSH because he wanted to be coached by Norm, then the club coach. What an extraordinary compliment to Norm, and the club, that a future Olympian chose to switch training facilities and join another club so he could achieve his goals. That is the environment we are all trying to reproduce at SSH. With the loss of people like Norm, Shirley and Gordon to act as mentors/advisors, that task is so much harder, but by no means impossible.

As you are aware, the Committee has recently appointed Nick Bowden as a preferred coach for our members and we look forward to this step being one of the foundation blocks upon which we can build a club that is once again recognized as a club for elite athletes. (We have a few, but we want more!!).

At the AGM in August some new faces were welcomed to the committee in addition to some "old" members switching roles. In this regard I welcome Helen Nolan to the Committee as Secretary. After over 40 years in the role, Pat Robinson has stepped down from the secretarial function and will commence transferring this function to Helen. I would like to take this opportunity to thank Pat for her tireless and continuing support of the club. Without Pat working behind the scenes over many years, I suggest the club may not have survived through some pretty bleak times. We all owe Pat a vote of thanks. Having said that, Pat will not be lost to the club and remains as Registrar and so continues to have an integral role to play on a daily basis.

I also should acknowledge Greg Schofield who agreed to become Vice President, replacing Alex Nolan who stepped down from that role to be Assistant Secretary. (We need two people to replace Pat!).

Jamie Wagstaff also agreed to be Treasurer, replacing Michael Goerke who steps down from that role, but remains on the Committee. This is a win/win as we keep the expertise and experience of Michael, while sharing the workload and giving others the opportunity to actively participate in the activities of the club. Thank you Michael, for your unstinting work over many years of diligent service to the club. We are all appreciative of your efforts.

I also should thank Alex MacCallum and Sarah Hall for their work on the previous committee, but who have stood down as a result of work commitments.

As we close off an incredibly successful Cross Country season and prepare for another track and field season, let me thank all those who supported the club in one way or another over the past six months (either competing or officiating), and wish everyone the best of luck, hopefully injury free, for the coming summer season.

Carpe Diem!

*Greg Nolan
President*

COMING EVENTS

<i>Sat 15 October</i>	<i>AV Shield R2, Prog 2</i>	<i>Nunawading – 1.10pm</i>
<i>Sat 16 October</i>	<i>Aust. National Marathon C'ship Melbourne Marathon & AV Marathon C'ship</i>	<i>Melbourne</i>
<i>Sat 22 October</i>	<i>AV Shield R3, Prog 1 (Zone v Zone 1)</i>	<i>Aberfeldie (Yellow) – 1.30pm</i>
<i>Wed 26 Oct – Sat 6 Nov</i>	<i>World Masters Athletics C'ships</i>	<i>Perth WA</i>

Sat 29 October	AV Shield R4, Prog 2	Nunawading – 1.10pm
Fri 4 – Sun 6 Nov	Vic All Schools T&F C'ships	Lakeside Stadium
Sat 12 November	AV Shield R5, Prog 1	Yarra Ranges (Mt Evelyn) – 1.30pm
Thurs 17 November	AV 5000m C'ship	Lakeside Stadium
Sat 19 November	LAVic Regional relay C'ships	Various
Sun 20 November	AV Shield R6, Prog 2	Doncaster (TBC) – 1.10pm
Sat 26 November	AV Track Relay C'ships	Lakeside Stadium
Fri 2 – Sun 4 Dec	Aust. All Schools T&F C'ships	Canberra ACT
Sat 3 December	AV Shield R7, Prog 1	Yarra Ranges (Mt Evelyn) – 1.30pm
Sun 4 December	LAVic Region Challenge	TBC
Mon 5 December	Aust. All Schools Knockout C'ships	Canberra ACT
Thurs 8 December	Zatopek 10	Lakeside Stadium
Sat 10 December	AV Shield R8, Prog 2 (Zone v Zone 2)	Nunawading - *** 5.15pm
Thu 15 December	AV Shield R9, Prog 1 (Twilight meeting)	Nunawading - *** 5.30pm
Sat 17 December	LAVic Victorian Relay C'ships	Lakeside Stadium
Sat 7 January	AV Shield R10, Prog 2	Nunawading – 1.10pm
Sat 7 – Sun 8 Jan	Aust. Masters Multi-event C'ships	Bendigo
Sat 14 January	AV Shield R11, Prog 1 (Zone v Zone 3)	Nunawading – 1.10pm
Sat 21 January	AV Shield R12, Prog 2	Nunawading – 1.10pm
Thu 26 – Sat 28 Jan	AV Country C'ships	Casey Fields
Sat 28 - Sun 29 Jan	LAVic Victorian Multi-event C'ships	Bendigo
Sat 4 – Sun 5 Feb	AV Multi-event C'ships (all ages)	
Sat 11 February	AV Shield Final, Prog 2	Lakeside Stadium – 9.00am
Sat 18 – Sun 19 Feb	LAVic State Regional T&F C'ships	Various
Fri 24 – Sun 26 Feb	AV Junior & Open T&F C'ships 1	Lakeside Stadium
Fri 3 – Sun Mar	AV Junior & Open T&F C'ships 2	Lakeside Stadium
Sat 11 March	IAAF Melbourne Track Classic	Lakeside Stadium
Sat 18 March	AV Pre-Nationals Departure Meet	TBC
Sat 18 - Sun 19 Mar	LAVic State T&F C'ships	TBC
Sat 25- Sun 26 Mar	AV Masters T&F C'ships	Doncaster
Sun 26 – Sun 2 Apr	Aust. Junior & Open T&F C'ships	TBC



CROSS COUNTRY SEASON 2016



by Jamie Wagstaff

**** XCR16 R8 ... Ekiden Relay – 6 August, Anglesea**

XCR Round 8 was on Saturday in Anglesea. Great conditions for running with minimal wind and a bit of sun. I think most will agree that the course was a lot of fun, there were hills, single trail, dirt roads and some cliff top running. While the first half of most of the legs were pretty tough the downhill run to the finish over the last 2 or so km's made for some fast running.

The Women's Division 3 team were able to get the win after having a good battle with a strong Nunawading side. Whitney and Sally tackled the longer, hillier legs, and both performed strongly and were able to put the team into the lead going into the final two legs. Bec consolidated the lead and looked in control as she passed onto Caroline who was able to hold off a fast finishing Nunawading. Great running by the team and it definitely shows how strong we can be when able to fill a full women's team.

On the Men's side, the teams were back to nearly full strength which was great to see. We had 3 relay teams entered showing off our new found depth this season. In Division 1 SSH improved on their results in previous relays and were able to finish 2nd roughly one and a half minutes behind Melbourne Uni. This was great to watch as we battled it out at the front of the race from the very start. While we weren't able to

reel in Melbourne Uni in the end there were some great individual performance from Caellum and Lachy Aspinall who were up against very strong competition and were able to put SSH in the perfect position.

The Div 6 team won by over 12 minutes, set up by a strong run from Sven who started for the team and finished 6 minutes ahead of the next closest Div 6 runner. Brian, Ben and Cam were all able to further extend the lead over the final 3 legs with Brian confirming that no Div 6 runner passed him during his leg. Great running, Brian!

Fantastic that we could enter a Div 7 team making it a total of 3 men's teams running on the day. Good running by all 3 team members, it was also great to see Jake starting to show some consistency. Look out for him over track season.

Thanks to our helpers Wal, Greg and also Kevin. Thanks again to Greg for the photos.

MD1 - 9.8km	Caellum Crowe	34.01	WD3 - 9.8km	Whitney Sharpe	41.10
8.8km	Jamie Wagstaff	31.02	7.9km	Sally Naylor	35.56
7.9km	Lachlan Aspinall	28.28	6.0km	Rebecca Barry	25.38
6.0km	Sam Quirk	21.42	4.6km	Caroline MacCallum	<u>21.48</u>
5.2km	Ben Buckingham	17.36		**Team 1st/12	2.04.32
4.6km	Lachlan Connell	<u>16.07</u>			
	<i>Team 2nd/10</i>	2.28.56			
MD6 - 9.6km	Sven Richter	37.28	MD7 - 9.8km	Matt Herten	43.14
8.8km	Brian Carter	41.32	8.8km	Greg Schofield	46.17
7.9km	Ben Sims	33.20	7.9km	Jake Pedley	39.59
5.2km	Cameron Clayton	<u>20.22</u>		<i>No team</i>	
	**Team 1st/8	2.12.42			

**** XCR16 R9 ... AV Half-Marathon - 4 September, Burnley**

MD1	Jamie Wagstaff	1.08.44.5	<i>8th</i>	MD2	Sven Richter	1.21.46.5
	Sam Quirk	1.09.28.3	<i>10th</i>		Matt Herten	1.29.11.7
	Lachlan Aspinall	1.14.38.4			Cameron Clayton	1.30.40.7
	Caellum Crowe	1.17.05.1				
	Luke Frazzetto	1.20.19.0				

**** XCR16 R10 ... Tan Relays - 17 September, King's Domain**

It was great to see so many SSH runners compete at the Tan Relays on Saturday. I suspect this was the most number of teams we have ever had for the race which is fantastic for the club. While there were a number of noteworthy individual performances, the highlight from my perspective was seeing so many SSH singlets running around the Tan, especially a number of junior runners.

Firstly, the Women's teams. Whitney ran a unbelievable first leg of 13.01 which put her as the 4th fastest for the day. As many will appreciate this is a fantastic run and rewards Whitney for a very consistent cross country season. While we currently don't have an official club record for fastest lap of the tan this is certainly now the unofficial club record. Maybe sub 13mins next season? We also had Sally under 14mins (2mins quicker than last year) and Bec Barry run low 14mins which is great running as well as Caroline running strongly. In the women's Div 4 team we had Alex, Sid and Carmel which was great to see.

We also had a number of women's invitation teams. The women's Div 5 team convincingly finished 1st lead by Sam Bennett who ran under 14.20 and also Annika and Sophie who both ran strongly. Shout out to Isobel, Stephanie, Ava, Claire and Georgia who ran in our other women's invite teams. It was great to see you all out there and we hope to have you all running for SSH in the future.

In Men's Premier Division, we were able to capture 3rd and the bronze medal. It's hard to call out any one individual in the team as run of the week, given that there were a number of personal bests (Ben B, Sven, Mitchell, Ben S and Lachie) and also while Sam didn't run a PB it was his fastest time for a few years. Ben B

led the team off with the fastest leg of the day (11.24) this was very close to Kevin Craigie's unofficial club record of 11.23. Maybe next year, Ben! We also welcomed Mitchell Cashion for his first run of the season and after running sub 11.40 I think we are all hoping we can get him out for a few races on the track over summer. Finally, a big 'thank you' to Ben Sims who anchored the team and under a lot of pressure was able to hold off a fast finishing APS team, great way to finish your season and well deserved after a very solid cross country season.

The Div 6 team continued to show that they are clearly the best in the division when they are able to fill a full team. Sub 13 min runs from Dan and Nathan ensured the team had a convincing win. We also welcomed a new member, Daniel Ballan, who has just joined SSH from Nunawading - great to have Dan on board. I'm sure running 13.02 will keep you coming back next year to break the 13min barrier!

We also had a number of men's/junior invitation teams. The under 20 team finished 4th which is fantastic and all members (Ben, Michael and Seamus) ran under 13mins, great running. Both the under 18 and under 16 boys teams finished 9th in their division with the fastest time coming from Fraser who ran 13.39. It was great to have you all out there on Saturday, and we look forward to many of you running for SSH in the future!

MD1 6 X 3.8km	Ben Buckingham 11.24 Lachlan Connell 11.36 Sam Quirk 11.43 Mitchell Cashion 11.36 Sven Richter 12.02 Ben Sims <u>12.49</u> Team 3rd/11 1.11.10	WD3 4 X 3.8km	Whitney Sharpe 13.02 Caroline 15.33 MacCallum Rebecca Barry 14.25 Sally Naylor <u>13.46</u> ** Team 1st/14 56.46
MD6 4 X 3.8km	Matt Herten 13.52 Daniel Mitchell 12.33 Nathan Rodgers 12.47 Cameron Clayton <u>13.11</u> **Team 1st/9 52.23	WD4 3 X 3.8km	Alex Nolan 17.58 Sidonie Lowe 23.24 Carmel Moorhead <u>21.55</u> Team 10th/10 63.17
MD7 4 X 3.8km	Jake Pedley 14.36 Daniel Ballan 13.02 Greg Schofield 17.23 Team DNF	MU18 3 X 3.8km (invitation)	Fraser Rosman 13.39 Freddy Leeton 14.44 Will Chambers <u>14.24</u> Team 9th/14 42.47
MU20 3 X 3.8km (invitation)	Ben Barry 12.36 Michael McGuire 12.59 Seamus Graham <u>12.42</u> Team 4th/8 38.17	MU16 3 X 3.8km (invitation)	Nicholas Hershman 14.04 Harry Bowen 15.37 Will Hine <u>16.39</u> Team 9th/11 46.20



Tan warriors: Jake, Ben, Caroline, Matt and GregS.



BIRTHDAYS



September - Lorraine Jachno, Brian Mee, Erin McConchie, Brian Carter, Michael Goerke, Camilla Humphries, Chris Tsakaridis, Liam Dixon, Joel Lagastes, Matt Williams

October - Graeme Rose, Alex MacCallum, Graeme & Kevin Craigie, Lachlan Aspinall, Cameron Gatt, Caroline MacCallum, Stephen Rennick, Nolene Schofield, Peter Westwood, Ann Spence, Chirath Pathirana, Alex Berry, Rebecca Cato, Shaun Geraghty, Jasmine Kwon, Fergus Orr

November - Ben Buckingham, Matthew Nolan, James Christensen, Stuart Cooper, Jacqui Bull, Martin Hall, Hasalanka Fernando, Louisa White, Mitchell Cashion

December - David McNair

** NEW SSH T-SHIRTS **

Have **you** ordered one? If so, have you **PAID** for it?
If not, please make payment (\$60) to the following account:

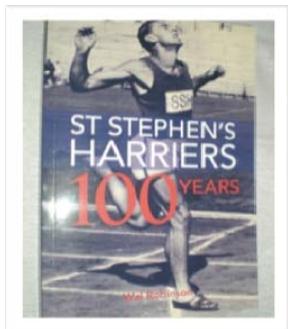
BSB – 033-526
Account No. – 106222

Please make sure that you put your name in the description!

CORRECT UNIFORM !!

Members are reminded that all competitors are expected by AV to wear their correct Club uniforms – no exceptions!

Note that royal blue or black shorts are now permissible for our club.



If anyone you know would like the book,
St. Stephen's Harriers – 100 Years
I will be happy to post them a copy.

Cost: \$30 (*reduced*) plus \$6 postage.

Contact: Wal Robinson

wal.robinson@bigpond.com

Mobile: 0417 338 035

Tel: (03) 9585 5545

Cheques should be made payable to St. Stephen's Harriers.